



**SPORT THERAPY MEETS SCHOOL IN
HOSPITAL: A COMMON LANGUAGE IS
POSSIBLE THROUGH PHYSICAL
LITERACY.**

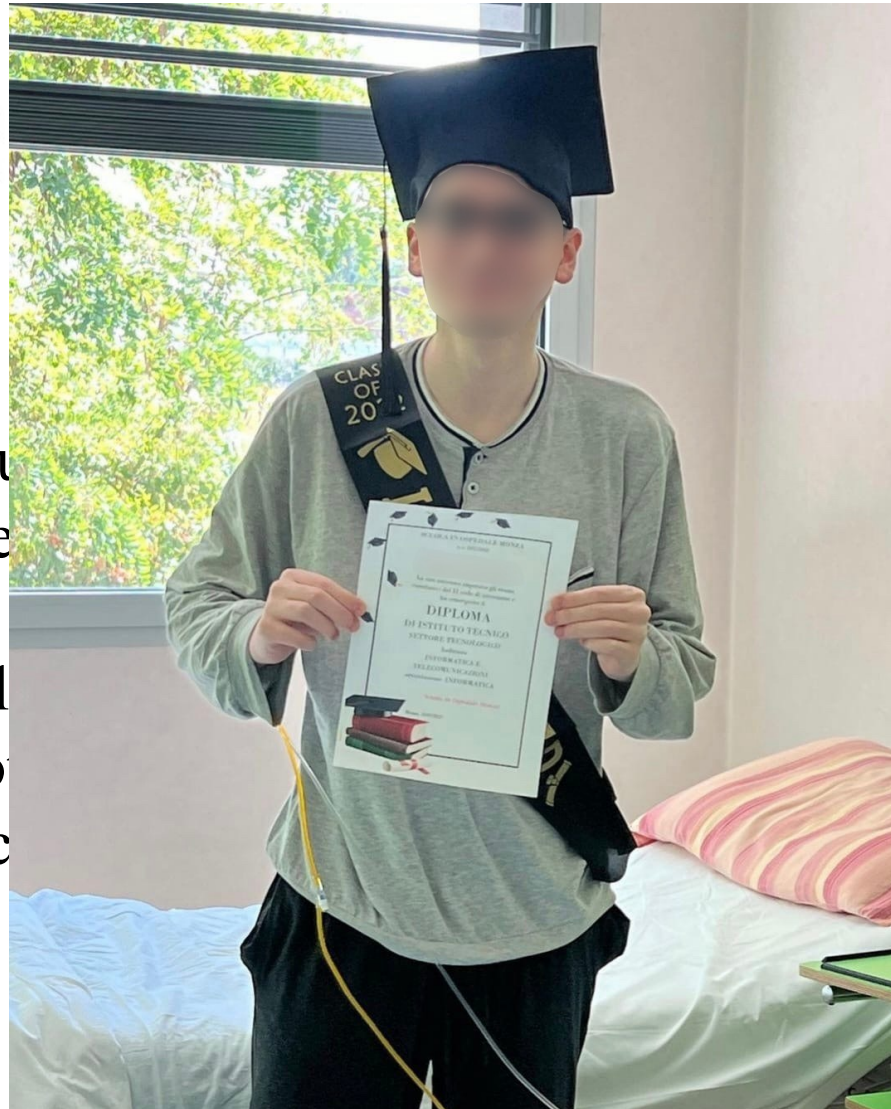
Dr. Marta Corti, pedagogist.



INTRODUCTION 1



- ✓ The CENTRO MLV focuses on the care of children, adolescents and young adults with blood cancers and other hematological malignancies.



SECTION 2



SPORT THERAPY are research projects that have been carried out in the hospital since 2017;

The project is dedicated to precision exercise and sports for children and adolescents in the different stages of treatment; for example:



Department



INTRODUCTION 2

Managing frail patients requires a multidisciplinary and skilled team

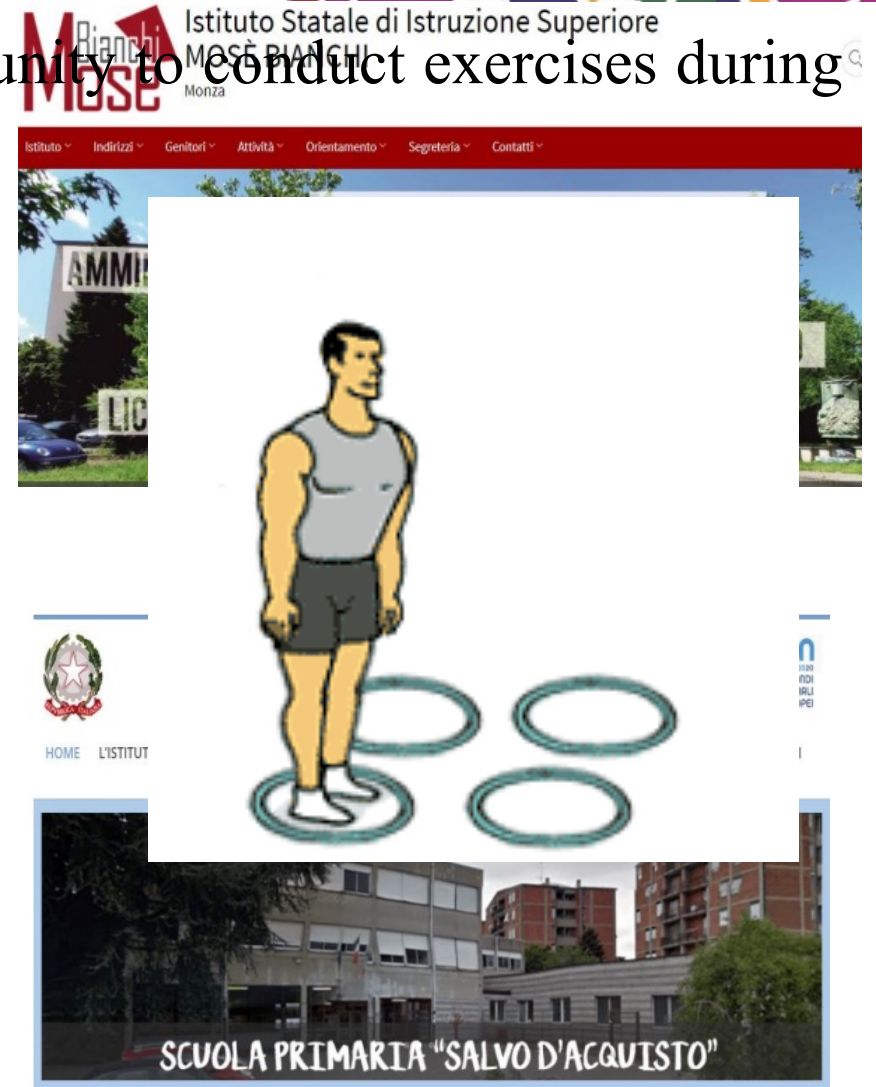
HUMAN RESOURCES:

- ✓ Pediatricians;
- ✓ Sports Medicine MDs;
- ✓ Exercise Physiologists;
- ✓ Osteopaths;
- ✓ Technical instructors (golf, soccer, climbing, bike no pedals);
- ✓ Pedagogist;
- ✓ Neuro-psychomotricity developmental therapist;
- ✓ Students;
- ✓ Comitato Maria Letizia Verga charity



INTRODUCTION 3

- ✓ The School Hospital specialist in Italy rarely have had the opportunity to conduct exercises during the academic year due to several reasons:
- ✓ The hospitalization of child and adolescent can last for weeks and months.
 - lack of cultural tools;
 - lack of facilities and equipment;
 - lack of communication with health and sport professionals;



INTRODUCTION 4

SPECIAL COMMUNICATIONS

Physical Activity, Fitness, Cognitive Function, and Academic Achievement in Children: A Systematic Review

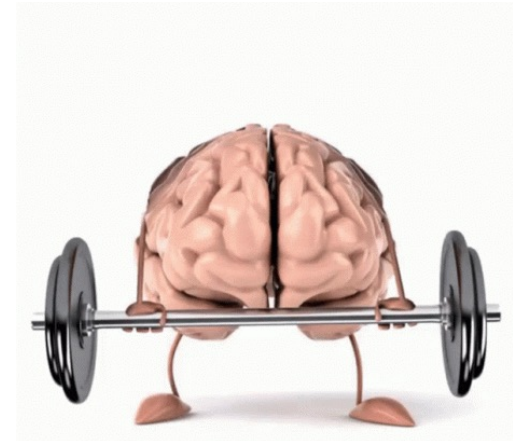
AMERICAN COLLEGE
of SPORTS MEDICINE®

POSITION STAND

This pronouncement was written for the American College of Sports Medicine by Joseph E. Donnelly, Ed.D, FACSM (Co-Chair); Charles H. Hillman, Ph.D, Co-Chair; Darla Castelli, Ph.D.; Jennifer L. Etnier, Ph.D., FACSM; Sarah Lee, Ph.D.; Phillip Tomporowski, Ph.D., FACSM; Kate Lamboume, Ph.D.; and Amanda N. Szabo-Reed, Ph.D.

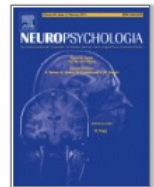


ELSEVIER



Neuropsychologia

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Embodied cognition and beyond: Acting and sensing the body

Anna M. Borghi ^{a, b}  , Felice Cimatti ^c

GOAL

- ✓ To investigate whether precision-based exercise could have an impact on School in Hospital goals.
- ✓ The promotion and acquisition of a culture of Physical Literacy for School in Hospital teachers;
- ✓ Identify a tool to create a common language between the medical-sports dimension and the school dimension;
- ✓ Development of an Exercise Kit for the School In Hospital teachers.



MATERIALS AND METHODS

THE RUBRIC OF COMPETENCE

DIMENSION	DESCRIPTION
EMOTIONAL	Motivation and confidence refers to an individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life. The person adapts emotions to environmental stimuli and to the emotions of others. The endocrine system is specifically activated.

✓ Physical literacy is characterized by 4 **DIMENSIONS** of competence:

- **Emotional;**
- Cognitive;
- Behavioral;
- Physical.



MATERIALS AND METHODS

THE RUBRIC OF COMPETENCE

CRITERIA Based on what do I judge? on what basis can I appreciate the performance?
1.1 The person enjoys physical activity
1.2 The person feels confident in doing physical activity
1.3 The person sets goals in performing physical activities
1.4 The person is aware of the social potential of physical activities

- ✓ Criteria are observable, measurable, and describable data that make it possible to verify the achievement of a competency goal.



MATERIALS AND METHODS

THE RUBRIC OF COMPETENCE

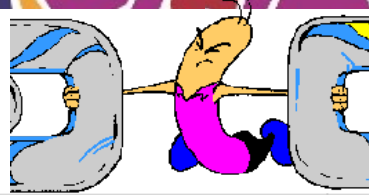
PRIMARY SCHOOL GOAL IDENTIFIED BY MIUR	SECONDARY SCHOOL GOAL IDENTIFIED BY MIUR
The person acquires self-awareness through the perception of his own body	He/she acquires awareness of his own motor skills both in terms of strengths and limitations.
	He/She Use the communicative-relational aspects of motor language to relate to others
the person acquires self-awareness through the perception of his own body	Actively practice sporting values (fair play) as a way of daily relationship and respect for the rules.
	He/She is able to integrate into the group, to assume responsibility and to commit himself to the common good.
the person recognizes some essential principles relating to one's psycho-physical well-being related to the care of one's body	



- ✓ MIUR's planned physical education goals for primary and secondary schools.

MATERIALS AND METHODS

THE RUBRIC OF COMPETENCE



DIMENSION	DESCRIPTION	CRITERIA	PRIMARY SCHOOL GOAL IDENTIFIED BY MIUR	SECONDARY SCHOOL GOAL IDENTIFIED BY MIUR
EMOTIONAL	Motivation and confidence refers to an individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life. The person adapts emotions to environmental stimuli and to the emotions of others. The endocrine system is specifically activated.	1.1. The person enjoys physical activity	The person acquires self-awareness through the perception of his own body	He/she acquires awareness of his own motor skills both in terms of strengths and limitations.
		1.2. The person feels confident in doing physical activity	the person acquires self-awareness through the perception of his own body	He/She Use the communicative-relational aspects of motor language to relate to others Actively practice sporting values (fair play) as a way of daily relationship and respect for the rules.
		1.3. The person sets goals in performing physical activities		He/She is able to integrate into the group, to assume responsibility and to commit himself to the common good.
		1.4 the person is aware of the social potential of physical activities	the person recognizes some essential principles relating to one's psycho-physical well-being related to the care of one's body	

MATERIALS AND METHODS 2

ATHLETE'S CHART

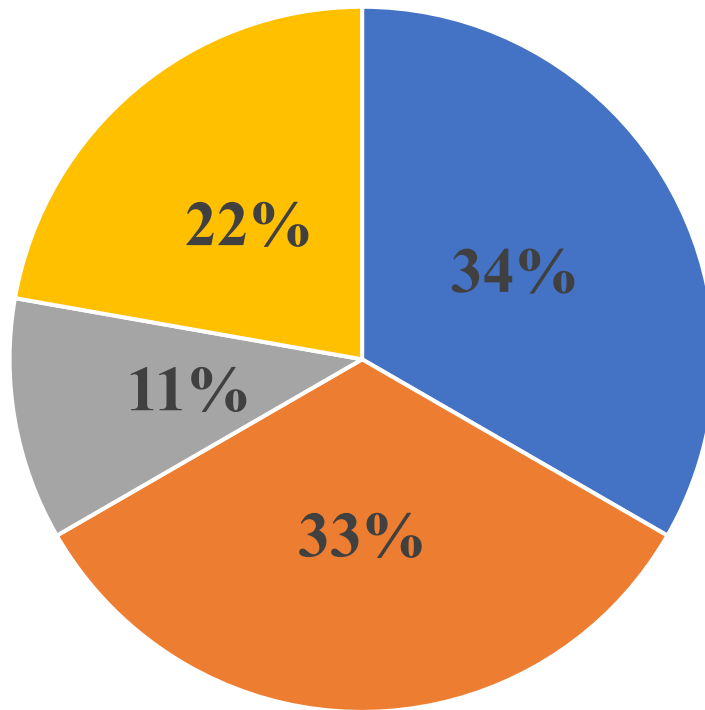
	ATHLET n:	
	Children	
	Assessment at entry (Quick motor function test)	
Pedagogical Goals	Therapeutic goal	
Operators	Pedagogical Goal	
Inclusive pedagogical approach	Operators	
	Inclusive pedagogical approach	
Elements of success	Training	
	Training location	
Critical elements	Elements of success	
	Critical elements	
Strategies for solving critical issues from a pedagogical perspective	Strategies for solving critical issues from a pedagogical perspective	
	Training adherence	
	Materials used	



RESULTS

APPLICATION RUBRIC OF COMPETENCE

- ✓ 18 participants;
- ✓ 2 to 17 years old;
- ✓ 11 boys and 7 girls;
- ✓ Leukemia and lymphoma, including hematopoietic stem cell transplant recipients.

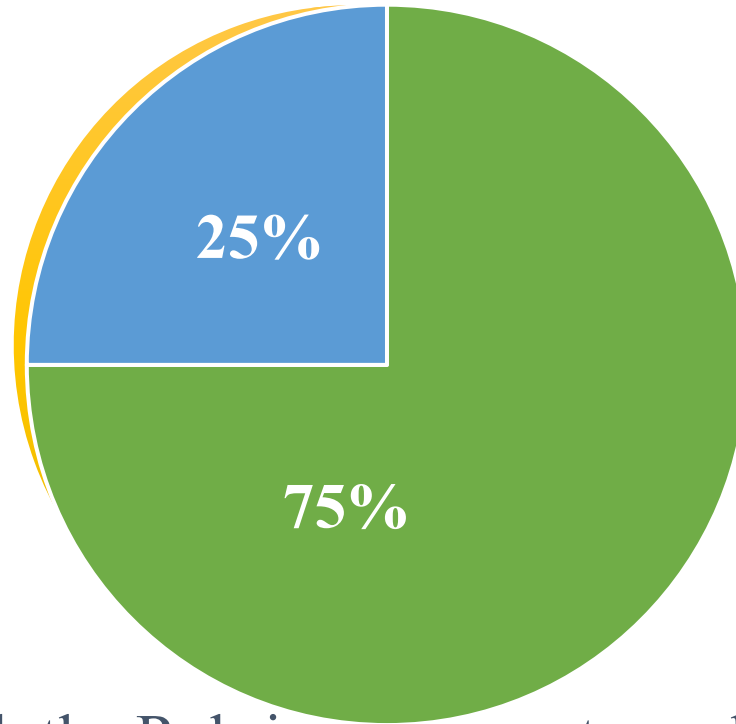


CYCLE OF EDUCATION

- Nursery School (2-6 years)
- Primary School (6-10 years)
- Secondary School (10-14 years)
- High Education (14-17 years)

RESULTS

APPLICATION RUBRIC OF COMPETENCE



- Athletes to which the Rubric of Competence has been applied:
- Athletes who have successfully developed the emotional dimension of competence
- Athletes for which there is no definition in physical education from MIUR at present
- Athletes who have NOT successfully developed the emotional dimension of competence



CONCLUSIONS

- ✓ Good attendance at the Sport Therapy research project allows successful development of the emotional dimension of Physical Literacy;
- ✓ Physical activity is no longer confined to the purely performative sphere, but is also linked to an educational sphere;
- ✓ It is possible to promote a language anyway between the sports medical and educational dimensions through the “Rubric of Competence“.

CHALLENGES AND PERSPECTIVES

The School In Hospital teachers could not have the skills to promote precision exercises in children and adolescents medically fragile.

Possible solutions:

- ✓ Providing workshops dedicated to the topic of Physical Literacy and the Rubric of Competence to teachers of all school grades;

And

- ✓ Providing a “Physical Literacy Kit” to School In Hospital teachers.



FUTURE PERSPECTIVES

Allows School In Hospital teachers to conduct exercise with hospitalized children and adolescents by promoting the development of exercise culture.

Inside it are:

- ✓ Athlete's chart;
- ✓ The Rubric of Competence;
- ✓ Exercise booklets;
- ✓ Useful materials for carrying out the exercises.

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DIMENSION	DESCRIPTION	CRITERIA	PRIMARY SCHOOL GOAL IDENTIFIED BY MIUR	SECONDARY SCHOOL GOAL IDENTIFIED BY MIUR
				
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THANKS

